



# UNIVERSITY OF WEST ATTICA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΔΥΤΙΚΗΣ ΑΤΤΙΚΗΣ



**University of West Attica  
School of Health Sciences  
Department of Physiotherapy  
Study Guide  
Athens  
2024-2025**

*Study Guide Physiotherapy Department UNIWA 2024-2025  
BSc in Physiotherapy (BPT)*

# WHAT IS PHYSIOTHERAPY

"Physiotherapy develops, maintains and restores body movement and function."



Physiotherapy helps patients recover from physical difficulties and movement loss, enabling to maximise quality of life.



**Example:**  
If someone suffers from a knee injury due to a sports accident, physiotherapy can help to restore the person's knee function.



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## **UNIVERSITY OF WEST ATTICA- GENERAL INFORMATION**

The University of West Attica (UNIWA) (<https://www.uniwa.gr/>) is a superior academic Institute, situated in Attica. It was founded in March 2018 and resulted from the merging process of the former Technological Educational Institute of Athens and the Piraeus University of Applied Sciences. In 2019, the National School of Public Health joined the newly founded University of West Attica. Today, it is considered amongst the three greatest Universities within Greece, and it is situated in the western department of Athens. UNIWA consists of two campuses in Egaleo, Athens.

The first campus, Egaleo Park, is in Agiou Spiridonos str. and the second campus of Ancient Olive Grove in Thivon and Petrou Ralli str.

The Institute consists of 6 Schools and 27 departments that cover a wide range of scientific fields and University studies.

Faculty of Public Health (2 departments)

Faculty of Financial and Social Sciences (6 departments)

Faculty of Food Sciences (2 departments)

Faculty of Health and Caring Sciences (5 departments)

Faculty of Applied Arts and Culture (4 departments)

Faculty of Engineering (8 departments)

## **DEPARTMENT OF PHYSIOTHERAPY- GENERAL INFORMATION**

### **Introduction**

The Department of Physiotherapy is self-contained and autonomous department of the Faculty of Health and Caring Professions (<http://www.phys.uniwa.gr/en/department/>).

The Physiotherapy Department of the University of West Attica is the evolution of the Physiotherapy Department of Athens Technological Educational Institute. It is the most high-ranked Department of the University of West Attica.

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Physiotherapy training begun in 1943 with the American Institute of Near East in Athens. The official foundation of the School of Physiotherapy was legislated in 1952 with the n.2028/52 and starts in function in 1958 in the Hospital of “King Paul” (currently Laiko General Hospital of Athens). In 1968 the School of Physiotherapy is characterized as Superior. In 1973 the School of Physiotherapy started to function in the Center of Higher Technological Education (KATE) in Athens. In 1983 the Foundational law 1404/1983 of Technological Educational Institutes (TEI) is voted incorporating both: a) the Department of Physiotherapy of TEI of Athens in the Higher Education with 7 semesters as the duration of studies and b) the School of Physiotherapy King Paul in TEI of Athens. In 2001 the law N. 2916/2001 is voted a and the Physiotherapy Department of TEI of Athens is included in the Higher-level Education and more specifically in the Technological Education with 4 years of studies. In 2017, the law n.4485/2017 separates the Technological Institutes and the Universities as distinct and parallel sectors of Higher Education.

### **Information-Contact**

The administration office of the Physiotherapy Department is in Campus 1, Agiou Spiridonos str., PC 12243 in Athens (<http://www.phys.uniwa.gr/en/contact/>).

### **Administration of Physiotherapy Department**

*Head: Professor Gioftsos Georgios*

Prof Gioftsos is the Head of the Physiotherapy Department of UNIWA.

**Contact details:** Campus 1, Egaleo Park, K6 Building, office 024, phone number: +30 210-5387475, email: [gioftsos@uniwa.gr](mailto:gioftsos@uniwa.gr)

*Vice Head: Professor V. Sakellari*

**Contact details:** Campus 1, Egaleo Park, K6 Building, office 024, email: [vsakellari@uniwa.gr](mailto:vsakellari@uniwa.gr)

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## Secretariat

The administrative services (K6 Building K6, Office O15) is open for the public every Monday- Wednesday-Friday at 11:00-13:00pm

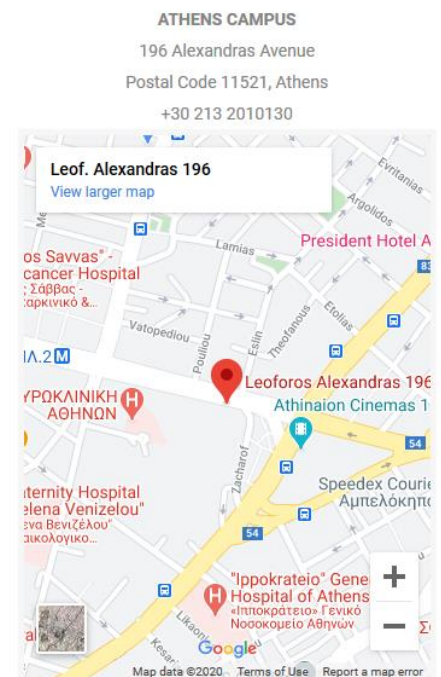
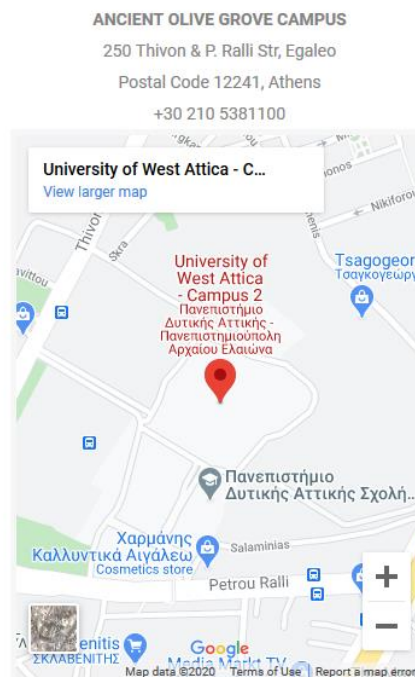
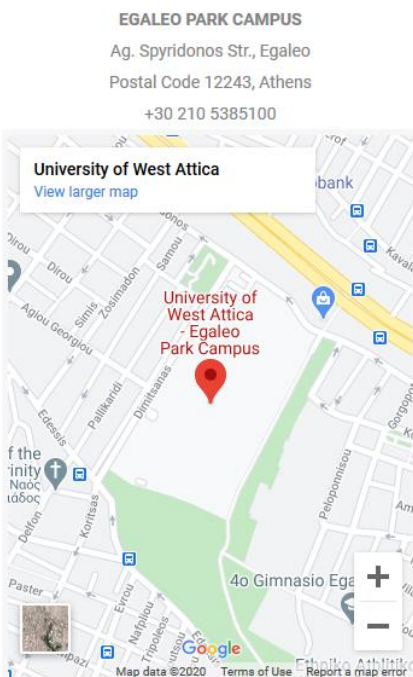
Head of Secretary services: Elisavet Ntala

Contact Number 210-5387485

Fax: 210-5147232

E-mail: [physio@uniwa.gr](mailto:physio@uniwa.gr)

## Instructions- How to get to the Department of Physiotherapy of the University of West Attika (UNIWA)



The Department of Physiotherapy is located in the central building of Campus 1 Egaleo Park, at Agiou Spiridonos 28, PC 12243, Egaleo (<https://www.uniwa.gr/en/contact-and-maps/>).

The nearest metro station is Egaleo, which is located 20 min walk from the department.

The nearest bus stations are:

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### **Delfon Station**

**811** Chaidari (Χαιδάρη) – Agia Marina (circular) (link with metro station Agia Marina– Attention: Direction from TEI towards metro)

**829** UNIWA Piraeus– Egaleo Station –UNIWA Athens (Link with Egaleo metro station)

**831** Piraeus – Egaleo

**UNIWA Athens** (direction to Athens/direction from Athens ) and Pigadaki ‘Πηγαδάκι’ (towards Athens)

**731** Anthoupoli – Anthoupoli Metro Station – Atticon Hospital – Δάσος (Link to Anthoupoli metro station)

**750** Atticon Hospital – Egaleo Metro station – Nikaia (link to Egaleo metro station)

**845** Piraeus– Elefsina (via Thivon)

**A15** Larissa Station– Δάσος (link with Larissa metro Station and Metaxourgeio)

**B15** Larissa Station – Palataki (link with Larissa metro Station and Metaxourgeio)

**Γ16** Koumoundourou Square – Aspropirgos

UNIWA **station** is the terminal station of the School Bus Route Express **E15**: Larissa Station – UNIWA Athens

(it does not function July to August).

## **ACADEMIC STAFF**

The academic staff of the Physiotherapy Department is divided in Academic Research Staff (DEP), Special Laboratory Research Staff (EEDIP), Special Laboratory Staff (ETEP) (<http://www.phys.uniwa.gr/profiles/faculty-members/>)

The academic Research staff is comprised of 15 members:

D. Bakalidou, Professor ([dafbak@otenet.gr](mailto:dafbak@otenet.gr))

G. Georgoudis, Professor ([ggeorge@uniwa.gr](mailto:ggeorge@uniwa.gr))

G. Gioftsos, Professor ([gioftsos@uniwa.gr](mailto:gioftsos@uniwa.gr))

I. Grammatopoulou, Professor ([igrammat@uniwa.gr](mailto:igrammat@uniwa.gr))

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M. Papandreou, Professor ([mpapand@uniwa.gr](mailto:mpapand@uniwa.gr))  
G. Papathanasiou, Professor ([gpapa@uniwa.gr](mailto:gpapa@uniwa.gr))  
V. Sakellari, Professor ([vsakellari@uniwa.gr](mailto:vsakellari@uniwa.gr))  
G. Koumantakis, Associate Professor ([gkoumantakis@uniwa.gr](mailto:gkoumantakis@uniwa.gr))  
M. Papadopoulou, Associate Professor ([mpapad@uniwa.gr](mailto:mpapad@uniwa.gr))  
D. Stasinopoulos, Associate Professor ([dstasinopoulos@uniwa.gr](mailto:dstasinopoulos@uniwa.gr))  
G. Krekoukias, Assistant Professor ([gkrekoukias@uniwa.gr](mailto:gkrekoukias@uniwa.gr))  
M. Moutzouri, Assistant Professor ([moutzouri@uniwa.gr](mailto:moutzouri@uniwa.gr))  
I. Patsaki, Assistant Professor ([ipatsaki@uniwa.gr](mailto:ipatsaki@uniwa.gr))  
N. Chrisagis, Assistant Professor ([nchrisagis@uniwa.gr](mailto:nchrisagis@uniwa.gr))  
D. Makrygianni, Lecturer ([dmakrygi@uniwa.gr](mailto:dmakrygi@uniwa.gr))

The special Laboratory Academic Staff (ΕΕΔΙΠ) is comprised:

Dr. M. Stamou ([mstamou@uniwa.gr](mailto:mstamou@uniwa.gr))

The special Laboratory Staff (ΕΤΕΠ) is comprised:

V. Brisimis, MSc, PT ([vbrisimis@uniwa.gr](mailto:vbrisimis@uniwa.gr))

## UNDERGRADUATE PROGRAM OF STUDIES

### Introduction - General Information

According to WCPT, Physiotherapists provide services that develop, maintain and restore people's maximum movement and functional ability. They can help people at any stage of life, when movement and function are threatened by ageing, injury, diseases, disorders, conditions or environmental factors (<http://www.wcpt.org/>).

Physiotherapy Profession, via WCPT belongs to World Health Professions Alliance (WHPA), participates as an autonomous health professional, as physicians, dentists, pharmacists, nurses (<http://www.wcpt.org/collaborations-activities>) and belongs to "the *Study Guide Physiotherapy Department UNIWA 2024-2025*  
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regulated professions” as physicians, nurses, dentists, midwives, veterinary surgeons, pharmacists and architects.

Physiotherapy Department’s mission is the development of health scientists, appropriately trained with adequate knowledge and skills for professional practice, able to address the current social and labor market needs.

The level of studies of the Physiotherapy Department is centered to the current evidence-based practice, to the advancement of theoretical background in combination with the competent clinical practice and knowledge implementation, as the current demands and evolutions impose in the Physiotherapy scientific field. Moreover, the promotion of the Physiotherapy Science is illustrated via the dissemination of continuous research activity of the academic community and their extroversion. The department’s extroversion is accomplished 1) via the development of collaborations with public and private bodies of local and global scientific and research field as well as the Erasmus, and 2) the social contribution and induction of graduates in the labor market in Greece and globally. The program of studies of the department of Physiotherapy is in line with the European countries’ program of studies and the guidelines of the World Confederation for Physical Therapy – WCPT.

### **Requirements of Degree Acquisition**

The entrance to the UNIWA Physiotherapy Department is accomplished through the Panhellenic Exams (GCSE grades) after the acquisition from High School or Technical High School (10% entrance) according to the current legislation. Graduates from other departments of higher (tertiary) education can enter the Physiotherapy Department with the procedure of graduate admission (fast-track) examinations. Enrollments of university freshmen students are performed during the timeline that current relevant ministerial decisions define.

### **Outline description of modules per year**

The duration of studies in the Department of Physiotherapy is eight (8) semesters. During these 8 semesters, studies comprise of theoretical, laboratory, clinical education, thesis elaboration and internship. The program of studies includes 47 modules. The mode of studies is full time, with 240 academic units, 6840 hours of study load, 42 modules (40 compulsory + Thesis + Internship) και 182 total lecture hours (112 theory + 70 laboratory). The program of studies and the summary modules' description can be found in the official university' website at <http://www.phys.uniwa.gr/wp-content/uploads/sites/19/2018/10/Curriculum-Design.pdf>.

### **Internship**

The internship is performed in the 8<sup>th</sup> semester of studies with the prerequisite that the student has successfully fulfilled all modules of specialisation (that refer to the current program of studies) as well as 2/3 of the total number of modules and they should owe up to 3 specialty courses, but no course in Clinical Placement. UNIWA's internship constitutes an integral part of the program of each department's program of studies. The duration of the internship is four (4) months and is performed twice a year (in October and in March). Eirini Patsaki, Assistant Professor. is the responsible academic person for this intership procedure.

UNIWA has developed and operates the Internship Office in the context of linking education with the labor market. The Internship Office of UNIWA is responsible for the design, coordination, organization and implementation of the Internships at each Department. More information can be found at the following link: <https://www.uniwa.gr/en/studies/internship-opportunities/>.

## POSTGRADUATE STUDIES

### **MSc Program of studies**

An MSc program of studies is established since 2019 in the department of physiotherapy, entitled: “New methods in Physiotherapy”. More information can be found at the following link: [//www.phys.uniwa.gr/en/postgraduate-studies/](http://www.phys.uniwa.gr/en/postgraduate-studies/).

### **Doctoral (PhD) studies** (FEK 4441/08.10.2018)

The department of Physiotherapy awards a Doctorate Diploma in the Physiotherapy Science. The Doctoral studies of the Physiotherapy Department aim at training Doctors in the fields of a) Circulatory and Musculoskeletal Systems, b) Nervous System, c) Respiratory System, which will have the ability of independent and autonomous promotion of science, research and technology. More information can be found at: <http://www.phys.uniwa.gr/postgraduate-studies/>

Aim: The aim of doctoral studies is fulfilled with the elaboration of an original thesis according to the universal academic standards under the supervision of the 3-member Advisory Committee\_(section 38 of law number 4485/2017).

Expected Title: The department of Physiotherapy awards the Doctoral Degree in the Physiotherapy Science.

### **Post-doc research**

In the frame of reinforcing research projects, UNIWA encourages and provides young researchers the opportunity to elaborate post-doctoral research in knowledge fields that fall into its research interests and objectives of academic units and institutionalized laboratories.

Primary aims of elaborating post doctoral research in UNIWA are the following:

- The support of new scientists, able to contribute into the progress of science, research and their implementations, particularly in peak areas, as well as the promotion of UNIWA as an Institution.
- The extension of thesis research findings into novel directions that interest the UNIWA's research groups.
- The qualitative upgrade of scientific research and dissemination of findings and expertise.

## **CAMPUS PREMISES AND EQUIPMENT**

### **Physiotherapy Laboratories**

The department of Physiotherapy has 3 institutionalized laboratories.

(a) «Neuromuscular and Cardiovascular study of motion» with Prof G Papathanasiou as Director (<https://lanecasm.uniwa.gr>).

(b) «Musculoskeletal Physiotherapy» with Prof G Georgoudis as Director (<http://www.physiolab.uniwa.gr/department/>).

(c) «Advanced Physiotherapy» with Professor M Papandreou as Director (<https://ladphys.uniwa.gr>).

### **Laboratory and Research equipment**

The department's facilities comprise of Physiotherapy labs (Anatomy, Human Assessment, Kinesiology, Massage, Neuromuscular training, Kinesiotherapy, Electrophysic agents, therapeutic exercise, Clinical Rehabilitation) as well Computer labs and Lecture theaters.

The laboratory equipment comprises of scientific measuring instruments such as Isokinetic Dynamometer (Biodex, System III), Cycle ergometer, balance platform, diagnostic ultrasound, up to date physiotherapy clinic laboratory equipment, walking aids and exercise equipment (gymballs, dumbells, parallel and multiple bars).





## DISSERTATION WRITING GUIDE

For thesis writing visit the following link : [http://www.phys.uniwa.gr/undergraduate-studies/ English version.](http://www.phys.uniwa.gr/undergraduate-studies/English%20version)

### STUDENT SERVICES AND INFRASTRUCTURE

#### Library

The University of West Attica holds 2 updated academic libraries that offer their services to both students and academic staff. The opportunity to access to databases, books and journals as well as ordering of copies of journal papers.

UNIWA	Contact number	Lending service	E-mail	Webpage
University Campus 1	+30 2105385134	+30 2105385711	library1@uniwa.gr	<a href="http://library1.uniwa.gr/">http://library1.uniwa.gr/</a>
University Campus 2	+30 2105381 007-1008	+30 2105381156	<a href="mailto:library2@uniwa.gr">library2@uniwa.gr</a>	<a href="http://library2.uniwa.gr/">http://library2.uniwa.gr/</a>

Access to databases, books and journals, as the ordering study copies is available

#### Student Care services

##### Student services

- Electronic services (e-mail, VPN, wireless access, data shipping, , αποστολή e-class, Pyles, Moodle, Eudoxus, Office 365, Webcast) (<https://www.uniwa.gr/foitites/>)
- Food/Dining Services (<https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/sitisi/>)
- Residences/ Accommodation (<https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/stegasi/>)
- Academic identity (ID) (<https://www.uniwa.gr/foitites/akadimaiki-taytotita/>)
- Health Services (<https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/ygeionomiki-ypiresia/>)

- Sports and Recreation (<https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/gymnastirio-athlitisimos/>) and (<https://www.uniwa.gr/i-zoi-sto-pada/theatriki-omada/>)
- Students' counselor (<https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/synigoros-foititi/>)
- Awards-Scholarships (<https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/vraveia-ypotrofies/>).

### **Dining services**

UNIWA's campuses has student restaurants that offer breakfast, lunch and dinner. The student restaurant works daily, weekends and bank holidays from 1<sup>st</sup> September till 30<sup>th</sup> of June of the academic year, except during Christmas and Easter holidays. Detailed information for free dining services, as well as the application process and required documentation are provided in the beginning of the academic year from the Student Care Services and the following link <https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/sitisi/>. For applications visit the following link <http://sitisi.uniwa.gr/>.

### **Student Residences**

UNIWA provides the opportunity for accommodation in the beneficiary students, although it does not own hall of residencies. However, students have the chance to apply for provision of free accommodation either in the Old Hall of Residences in the National Technical University of Athens Campus in Zografou, under the conditions and requirements claimed (for information visit the following link: <https://www.ntua.gr/en/services/facilities-for-students/>) or in the hall of residencies in Athens University (provided that their siblings also stay in). For information visit the following link: [https://en.uoa.gr/about\\_us/services\\_units/](https://en.uoa.gr/about_us/services_units/). Detailed information for free dining services, as well as the application process and required documentation are provided in the beginning of the academic year from the Student Care Services and the following link <https://merimna.uniwa.gr/foititiki-estia/>.

## **Health Services**

Undergraduate, postgraduate and PhD students are entitled full medical and hospital healthcare and in the National Health Care System with their social security number. UNIWA holds medical facilities inside the Campuses. Apart from the medical facilities, each Campus holds specialised medical services in collaboration with academic staff that belong to the School of Health Sciences of the University. For more information visit the following link: <https://www.uniwa.gr/en/life-at-uniwa/student-services/healthcare-services/>.

## **Sports and Recreation services**

UNIWA holds a fully equipped gym. Going to the gym is free of charge for students, academic staff and members of the academic community during the academic year except for Saturday and Sunday. Gym staff is there to help and guide those interested in the facilities. Physiotherapy students have been distinguished in sports activities, participating in student championships, panhellenic and international sports activities. More information regarding how the gym facilities work is provided in the beginning of the academic year from the Sports Department. (<https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/gymnastirio-athlitismos/>).

The theatre group of UNIWA called the “The third bell” was founded in 2004. The proposal to create a theatre group was initialized by the groups’ the stage manager Panagiotis Spiliopoulos, who is in charge since its foundation (<https://www.uniwa.gr/i-zoi-sto-pada/theatriki-omada/>). Aim of the group is the cultural participation of members of the UNIWA society in the Theatre art field. The group pursues to promote UNIWA, via the art of theatre, with the presentation of theatre shows in the UNIWA campus as well as the participation of the theatre group in International and local festivals. (<https://www.tritokoudouni.com/contact/> and contact email: [pspiliop@uniwa.gr](mailto:pspiliop@uniwa.gr)).

Physiotherapy students are active members in the UNIWA theatre group. Aim of the department is the promotion of arts and crafts to students, encouraging participation in local and student festivals of amateur theatre and music groups.

## **International mobility**

International student' and Physiotherapy academic staff' mobility is organized and fulfilled from the International Relations Office of UNIWA (<https://erasmus.uniwa.gr/>) in Erasmus/Studies actions (fulfillment of part of study period in Institutes abroad) and Erasmus/Placement (fulfillment of part of clinical placement in International bodies abroad).

The department of Physiotherapy holds collaborations with Institutes abroad within the Erasmus Studies Erasmus Places. For more information visit the following link [http://erasmusglobal.uniwa.gr/en/homepage/#pll\\_switcher](http://erasmusglobal.uniwa.gr/en/homepage/#pll_switcher).

Erasmus Departemnt Coordiantor is is Dr. Dafni Bakalidou, Professor and deputy Departemnt Coordiantor is George Georgoudis, Professor.

## **Student Counselor**

The student counselor institution aims to mediate amongst student and academic staff or administrative services of the University to resolve poor management issues and ensure legal compliance and proper functioning. The student counselor does not control examination and grading issues. Students can submit relevant reports electronically in the following email address: [synigorostoufoititi@uniwa.gr](mailto:synigorostoufoititi@uniwa.gr), completing the attached application of mediation. For more information visit the following links:

<https://www.uniwa.gr/i-zoi-sto-pada/paroches-merimna/synigos-foititi/>

<https://prosvasi.uniwa.gr/rythmiseis-gia-tis-exetaseis/>

<https://prosvasi.uniwa.gr/symvoyloi-kathigites/>

Academic counselor for students with special needs is Dr. Dafni Bakalidou, Professor.